WHAT IS CLAIMED IS:

1. A sole for a shoe comprising:

a midsole having at least one protrusion disposed in a forefoot region thereof; and

a plate having at least one receptacle disposed therein, said plate placed adjacent to said midsole such that said receptacle aligns with said protrusion, wherein a diameter of said receptacle is not greater than a diameter of said protrusion.

2. The sole according to claim 1 further comprising an outsole fixedly attached to said plate and said midsole, wherein said outsole is disposed along the entire length of the shoe.

3. The sole according to claim 2, wherein a forefoot region of said outsole includes an exterior portion having a first hardness and an interior portion having a second hardness.

4. The sole according to claim 3, wherein said first hardness is greater than said second hardness.

5. The sole according to claim 3, wherein at least one cutout is disposed in said interior portion.

6. The sole according to claim 3, wherein at least one projection is disposed on said interior portion.

7. The sole according to claim 2, wherein at least one projection is disposed in a forefoot region of said outsole.

8. The sole according to claim 1, further comprising a sockliner having at least one nub disposed in a forefoot region on a lower surface thereof, wherein said sockliner is placed on top of said midsole with said nub facing said midsole.

9. The sole according to claim 8, wherein an abrasion-resistant material is attached to an upper surface of said sockliner.

10. The sole according to claim 9, wherein said abrasion-resistant material has absorbant properties.

11. The sole according to claim 1, further including a stiff board disposed in an arch region of said sole.

12. The sole according to claim 1, wherein said dispersion plate is fixedly attached to said midsole.

13. The sole according to claim 1, wherein said dispersion plate is fixedly attached to said outsole.

14. The sole according to claim 1, further comprising a cutout in said midsole, wherein said protrusion is disposed in said cutout.

15. The sole according to claim 14, wherein said protrusion is disposed in said cutout such that an outward-most extremity of said protrusion approximately aligns with an outward-most surface of said midsole.

16. An outsole for increasing circulation in a wearer's foot for use in a multi-layered sole comprising:

a generally flat portion, wherein said flat portion includes an exterior portion and a softer interior portion; and

at least one projection extending outwards from said interior portion in a forefoot region of said outsole, wherein pressure on the forefoot region from the wearer's foot causes said projection to press against a ground surface and deflect upwards into a soft upper layer of the sole, adjacent the wearer's forefoot.

17. The outsole according to claim 16, further comprising a cutout disposed in said flat portion.

18. A method for increasing circulation in a wearer's forefoot comprising:

providing a sole having a first layer with at least one protrusion disposed in a forefoot region thereof and a second layer having at least one receptacle therein, wherein said second layer abuts said first layer such that said receptacle aligns with said protrusion;

applying pressure to the forefoot region of said sole, thereby forcing said protrusion and said receptacle together; and

deflecting at least a portion of said protrusion into said receptacle, thereby reducing pressure in the wearer's forefoot in the immediate vicinity of said protrusion.

19. The method for increasing circulation in a wearer's forefoot according to claim 18, wherein the diameter of said receptacle is not greater than the diameter of said protrusion.

20. The method for increasing circulation in a wearer's forefoot according to claim 18, further comprising:

providing a sockliner having nubs in a forefoot region thereof extending outwards from a surface thereof; and

applying pressure to the forefoot region of said sole, thereby forcing said nubs into in the wearer's forefoot, creating massaging pressure points.

21. The method for increasing circulation in a wearer's forefoot according to claim 18, further comprising:

providing an outsole having a generally flat soft surface from which a relatively stiff projection extends; and

applying pressure to the forefoot region of said sole, thereby forcing said projection upwards, increasing the deflection of said protrusion into said receptacle.